

Practicing the Way of Love Worksheet - Creating a Rule of Life

Practice: BLESS — *Reflecting on how you will bless others by sharing faith, giving unselfishly and serving .*

This week, I commit to:

How often, and when?

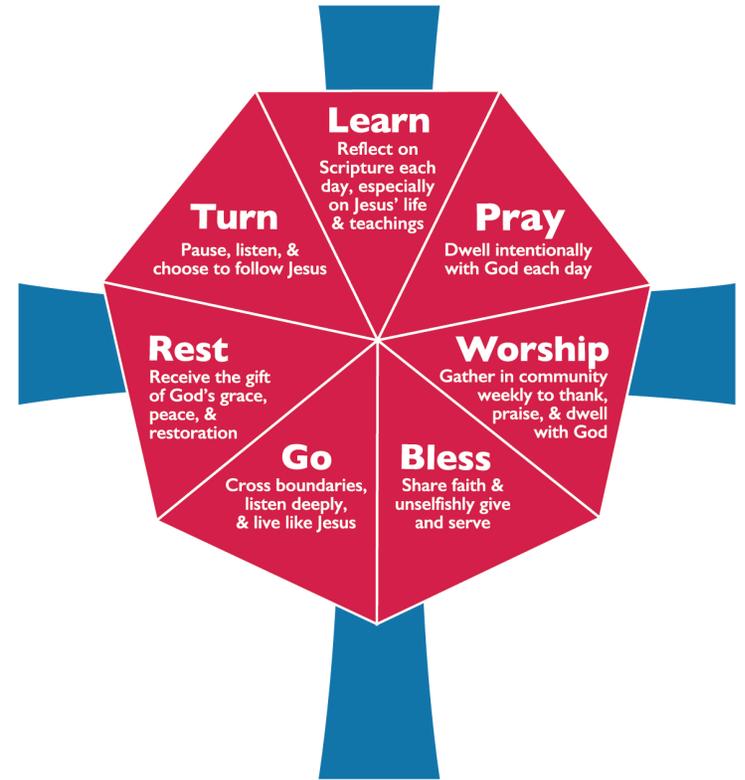
Practicalities:

What resources, including people, do I need to support this practice?

What do I need to stop doing to make room for this practice in my life?

How do I hope I will change as a result of incorporating this practice into my life?

Who or what will hold me accountable?



THE WAY OF LOVE

Practices for Jesus-Centered Life

ADULT FORUM

St. Luke's Episcopal Church

Week 5: BLESS

Share faith, and unselfishly give and serve

Discussion Guide and Worksheet

Take a few moments as we begin and think about the last session and the time that followed:

- What was adding Worship like? What did you learn about yourself? God? How are your other Way of Love practices going?
- What's been working well with your Way of Love practices? What hasn't been working well? What adjustments might support you in the Way of Love?
- What has surprised you about your Way of Love practices?
- Name a gift that your practices have given you this week.+

Someone should read the following aloud:

Jesus called his disciples to give, forgive, teach, and heal in his name. We are empowered by the Spirit to bless everyone we meet, practicing generosity and compassion and proclaiming the Good News of God in Christ with hopeful words and selfless actions. We can share our stories of blessing and invite others to the Way of Love.

After the reading, take a few moments in silent prayer. Then conclude by reciting the following together.

A Prayer

O God, from whom all good proceeds: Grant that by your inspiration we may think those things that are right, and by your merciful guiding may do them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

(A Collect for Proper 5, BCP 229)

Starting the Discussion:

- What is the best gift you have ever been given? Why was it so special?
- Who was the first person who told you about Jesus?
- Name a time you were blessed. What happened? How did you feel?

Questions for Discussion:

- What have you been freely given? What can you freely give? (Matt 10:8; NIV)
- Where is God already working in your neighborhood? How could you partner with God to bring about blessings and love for those around you?
- Who in your life could you invite to join you in the Way of Love?
- God gives us gifts so that we can share them. What are your spiritual gifts? What are the ways you share them with your community of faith and your community at large? (1 Cor 12) What else have you been gifted?
- What are the things that get in the way of sharing your faith or sharing God's blessings? Are they the same things, or different?
- What is one practice of generosity or compassion you could commit to trying this week?
- What are the ways the Spirit is calling you to bless others in your community?

Some recommendations for Bless:

Begin regular volunteer shifts at a local non-profit, check on a shut-in neighbor, invite a different neighbor or colleague to coffee each week to ask about their life and concerns, practice sharing how God's been working in your own life, any specific and concrete way your life can bring life and joy to others, take on a practice of stewardship for creation such as composting. (You might list a practice you are already engaged in that gives life to you and others.)